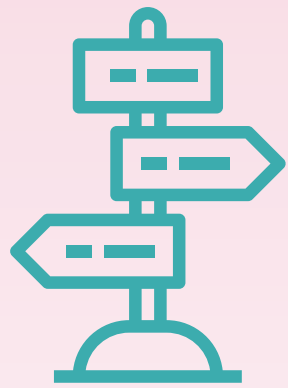


BC Children's Hospital Gender Clinic

Resources

Please click on the picture to be redirected to the associated website



BCCH Gender Clinic
Road Map



TRANS CARE BC

Provincial Health
Services Authority

A great resource! Information on
local support groups, treatment,
medications, surgeries, and more!

Fair Pharma Care
1-800-663-7100

Information sheet

Check registration status

Register



Mental health



1-800-784-2433



Crisis line
run by trans people
for trans people
1-877-330-6366



youthspace.ca

Online IM chat,
or text 778-783-
0177 6pm-
midnight



Native Youth
Crisis Hotline
1-877-209-1266



Database of metal
health services
including counselling,
peer support, and
support groups



Child and Youth
Mental Health
(CYMH)



Teach children
and youth how to
cope with anxiety



KUU-US Crisis Line Society

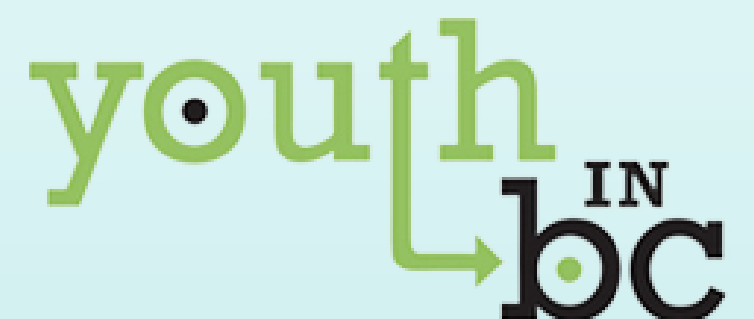
Crisis Line for
Indigenous People of B.C.
1-800-588-8717



Needle Fears



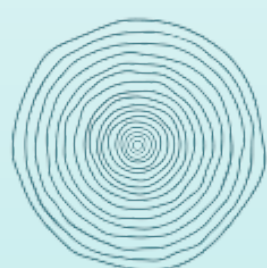
Anxiety Canada



BE HEARD. GET HELP.

YouthInBC.com is a
program of the Crisis
Centre.

It connects youth with
support, information and
resources.



BREATHR

BREATHR
Explore mindfulness
with this app



MyHeartsMap
A digital tool to help
with self-assessment
of metal health and
offer resources



Kelty Mental Health

Support Groups



TRANS CARE BC

Provincial Health
Services Authority

Most up to date source for
support, social, and
community groups.
Search by postal code.



Canadian Parents of Trans & Gender Diverse
Parents Canadiens d'enfants trans

Canadian Parents of
Trans, Two-Spirit &
Gender Diverse Kids
*you need to be logged
into Facebook to view



Virtual group. Meets every
Monday.

Contact:
parenting.genderdiversity
@gmail.com



pflagcanada.

Peer to peer support for individuals
and their loved ones.



**COMMUNITY
SERVICES**

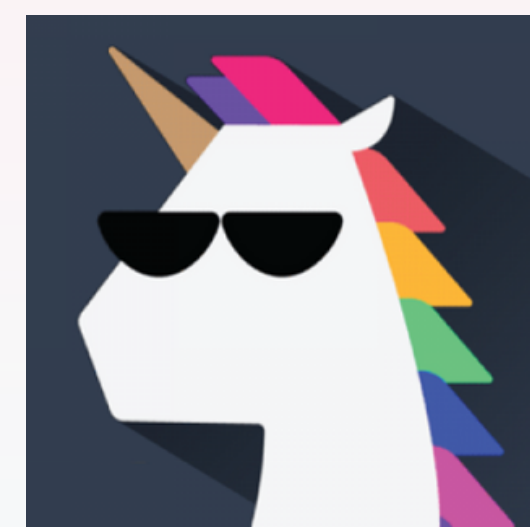
Peer Support in
Burnaby, Maple
Ridge, Pitt
Meadows, and Tri-
Cities. Separate
session for youth
and caregivers



Family
Services
NORTH SHORE
Changing lives together

Family Services of the North
Shore

They sponsor Proud2Be
series and a lot of virtual
events and support groups.



Gender Spectacular
Support Groups and
Family Drop Ins

QMUNITY

BC'S QUEER RESOURCE CENTRE

Qmunity

BC's queer, trans, and two-
spirit resource centre.
GAB Youth Programs for
youth 10-25 years old

THE **TREVOR** PROJECT
Saving Young LGBTQ Lives



pflagcanada. with  **gender
spectrum**

Gender Spectrum
Parent Community
(virtual)

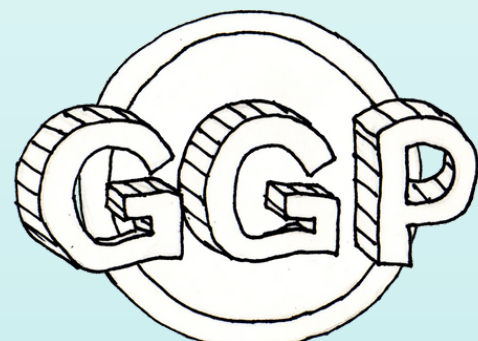


**gender
spectrum**

Online groups for
youth, parents, and
caregivers



Native Youth Sexual
Health Network and
Peer Support



Gender Generations Project
Links youth with adult mentors
Located in Victoria, BC

IT GETS BETTER PROJECT®

The It Gets Better Project's
mission is to uplift, empower,
and connect lesbian, gay,
bisexual, transgender, and queer
(LGBTQ+) youth around the
globe.



Q Chat
A peer support line and
resource database for
LGBTQ2S youth in British
Columbia

Helpful Website and Resources



The Gender Unicorn

A great resource on the difference between gender expression, gender identity, sex assigned at birth, and attraction.



Gender Spectrum works to create gender sensitive and inclusive environments for all children and teens.



Foundry offers young people ages 12-24 health and wellness resources, services, and supports.



Human rights information for trans and gender-diverse individuals and their supportive allies across British Columbia.



A website that was created to help adults learn how to support and care for the trans, Two-Spirit, and non-binary youth in their lives.



Resources for parents of gender creative & trans children and youth



Gender Creative Kids

This is an organization out of Montreal but has a lot of great resources.



YouTube video: "What Does 'Two-Spirit' Mean?"



BC Indigenous 2SLGBTQ+ Wellness Program

Book Recommendations

There are many, many books out there. Here are a few we like and some resources to find more:

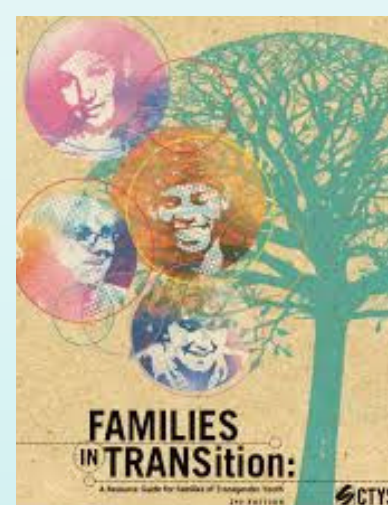


Vancouver Public Library

Vancouver Public Library
Trans, Non-Binary,
and Two-Spirit
Resource list



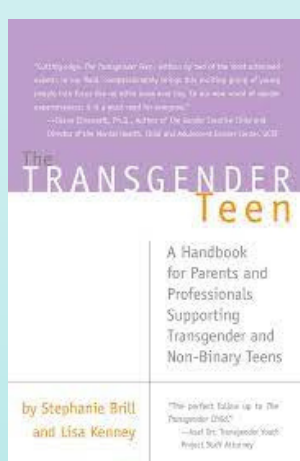
BC Children's
Hospital Family
Support and
Resource Library



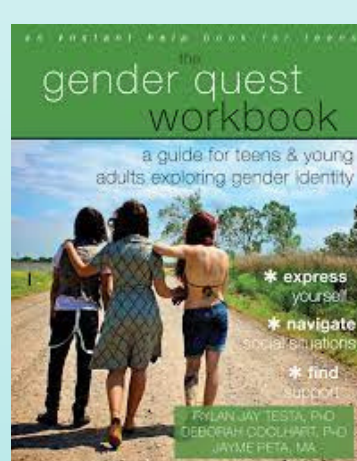
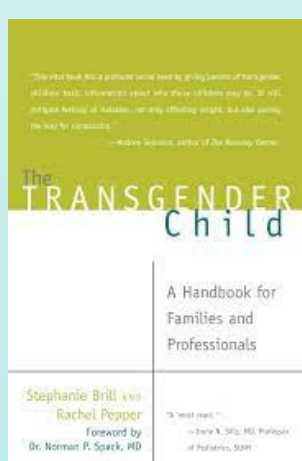
Families In
Transition: A
Resource Guide
for Families of
Transgender
Youth
*link is a free
copy



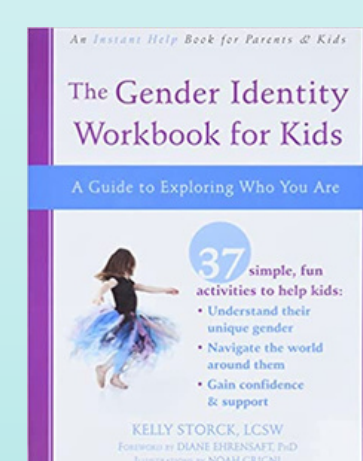
The Gender
Creative Child:
Pathways for
Nurturing and
Supporting
Children Who
Live Outside
Gender Boxes



Transgender
Teen and
Transgender
Child
Both great
books!



Gender Quest
Workbook: A
Guide for Teens
and Young
Adults Exploring
Gender Identity.
*link is a free
copy



The Gender
Identity
Workbook for
Kids: A Guide to
Exploring Who
You Are

School Resources



Information for
schools



Sexual Orientation
and Gender Identity
in Schools (SOGI)



Gender Support Plan for School



Safe and Caring
Schools for Two
Spirit Youth

ID & Gender Marker Info



Updating ID Guide



Qmunity runs a workshop to help
folks with changing their IDs.

Activities



Proud2Be

Sponsored by North Shore
Family Services and West
Vancouver Youth
services, this conference
features workshops and
speaker series.



Various programs
through the
Vancouver Parks
Board, including all
bodies swim,
workouts, arts &
culture, and circus
groups.



UBC CampOUT! is a
leadership and learning
summer camp for queer,
trans, Two-Spirit,
questioning, and allied
youth

Fertility Clinics

Lower Mainland



Victoria



Kelowna



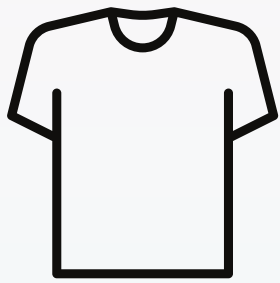
Supplies for Gender Expression



Youth Bra, Binder, and
Breast Form Exchange



A barber shop owned by a
trans guy. They do haircuts
and sell gender affirming gear
for all bodies. Located in East
Vancouver for those who are
local to the Lower Mainland
and wish to go in person to
shop.



Compression shirt
examples.
A good option when it's
time to take a break from
wearing a binder.



Gender gear
for all bodies.



Form-fitting
clothing and
swimwear
for trans girls.



Gender affirming gear for feminine presentation



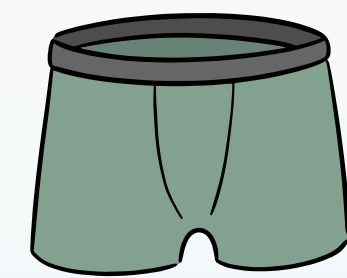
Point of Pride provides free femme
shapewear (specially-designed
compression underwear/gaffs) to
any trans femme person who
needs one and cannot afford or
safely obtain one.



Made-to-measure underwear, gaffs,
binders, and swimwear for all people.



Undergarments for all bodies.
Products made in Amsterdam.
Ships to Canada.



Example of boxer-
style underwear
for menstruators

Safe Use of Gender Affirming Gear



Binding, Tucking,
Packing information



I Heart My Chest
Chest Health
Guide



Meg Foundation
Information on pain
with chest binding

Gender Affirming Surgeries



Many gender affirming
surgeries are covered under
MSP. Trans Care BC has the
most up to date information

Consents and Medication Information

These are for your reference so you have evidence-based information to refer to when making medication decisions.

You do not need to sign the consents at this time.

BCCH Lupron Info sheet on getting started:

<http://www.bcchildrens.ca/endocrinology-diabetes-site/documents/bcchluprongd.pdf>

Lupron Video:

https://players.brightcove.net/1029485116001/default_default/index.html?videoId=6144662066001

Spironolactone:

<http://www.bcchildrens.ca/endocrinology-diabetes-site/documents/spironolactone.pdf>

Info Sheet Blockers/Lupron (for people born into male bodies):

<http://www.bcchildrens.ca/endocrinology-diabetes-site/documents/transblockers-am.pdf>

Lupron Informed Consent Minor Youth (for people born into male bodies):

<http://www.bcchildrens.ca/endocrinology-diabetes-site/documents/transconsentminor-pbam.pdf>

Estrogen Info Sheet:

<http://www.bcchildrens.ca/endocrinology-diabetes-site/documents/transestrogen.pdf>

Informed Consent Estrogen Minor Youth:

<http://www.bcchildrens.ca/endocrinology-diabetes-site/documents/transconsentminor-e.pdf>

Info Sheet Blockers/Lupron (for people born into female bodies):

<http://www.bcchildrens.ca/endocrinology-diabetes-site/documents/transblockers-af.pdf>

Lupron Informed Consent Minor Youth (for people born into female bodies):

<http://www.bcchildrens.ca/endocrinology-diabetes-site/documents/transconsentminor-pbaf.pdf>

Testosterone Info Sheet:

<http://www.bcchildrens.ca/endocrinology-diabetes-site/documents/transtestosterone.pdf>

Informed Consent Testosterone Minor Youth:

<http://www.bcchildrens.ca/endocrinology-diabetes-site/documents/transconsentminor-t.pdf>

Suppression of monthly bleeding information:

<http://www.bcchildrens.ca/endocrinology-diabetes-site/documents/menssupp.pdf>

Common Gender Medication Costs:

<http://www.bcchildrens.ca/endocrinology-diabetes-site/Documents/gendercosts.pdf>